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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

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### SWEET POTATOES

There is a plentiful supply of sweet potatoes from the northern San Joaquin Valley and an abundant harvest of banana squash in the same area. This assures us of ample quantities of these foods to give variety to meals during the early winter months.

Sweet potatoes have a high vitamin A content which helps prevent night blindness and a high vitamin C content. They are high in caloric value and if eaten in a large enough quantity they also supply thiamin, niacin, riboflavin and iron.

Of the variety of ways sweet potatoes can be served here are a few of the more unusual. Hash browned; mashed sweet potato cakes, sweet potato and apple scallop, and sweet potato pie.

### BAKED SWEET POTATOES

Servings -	20	50	100
Sweet Potatoes	9 lbs.	22-1/2 lbs.	45 lbs.

Wash well and remove all defective spots; place in a bake pan and cover with a second pan to prevent excessive evaporation while baking. Bake 35 minutes or until well done.

### FRIED SWEET POTATOES

Servings -	20	50	100
Sweet Potatoes	8 lbs.	20 lbs.	40 lbs.
Beef or Pork Drippings	3 oz.	8 oz.	1 lb.

When cool peel and cut crosswise and saute in hot drippings until brown. Season with salt and pepper. (over)

CREAMED SWEET POTATOES

Servings -	20	50	100
Sweet Potatoes (boiled & Cubed)	8 lbs.	20 lbs.	40 lbs.
Butter or substitute	8 oz.	1½ lbs.	2-1/2 "
Salt	8 tsp.	7 Tbsp.	14 Tbsp.
Flour	4 oz.	10 oz.	1-1/4 lbs.
Top Milk	4 lbs.	10 lbs.	20 lbs.
Pepper and Paprika to taste			

Cook potatoes with the butter three minutes; add seasonings; sprinkle with flour; pour on the milk and cook very slowly 20 minutes.

SWEET POTATO BALLS

Servings	20	50	100
Sweet Potatoes	8 lbs.	20 lbs.	40 lbs.
Butter	12 oz.	2 lbs.	4 lbs.
Eggs slightly beaten	8 oz.	1-1/2 doz.	3 doz.
Salt	4 tsp.	3 tbsp.	6 tbsp.
Pepper to taste	1 tsp.	1 tbsp.	2 tbsp.
Flour	4 oz.	10 oz.	1-1/4 lb.

Wash potatoes thoroughly; remove defective spots; boil in water to cover until done; peel and force through ricer or coarse strainer; combine with other ingredients; shape in small balls; roll in flour and fry in deep fat. If potatoes are very dry, add hot milk.

CANDIED SWEET POTATOES

Servings	20	50	100
Sweet Potatoes	9 lbs.	22-1/2 lbs.	45 lbs.
Butter	6 oz.	1 lb.	2 lbs.
Sugar	6 oz.	1 lb.	2 lbs.
Cinnamon	2 tbsp.	2 tbsp.	4 tbsp.
Strained Beef Stock	5 cups	5 qts.	6 qts.

Wash and remove defective spots. Boil in water to cover 20 minutes or till medium done. Peel and slice lengthwise. Spread slices in 3 layers in a bakepan, putting about one-third of sugar, butter and cinnamon on top of each layer. Pour beef stock over whole and bake in moderate oven forty minutes or till done.

